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## Full denture wearers can now have permanent smiles

by Tarvo Puust DD, Innisfil Denture Clinic

Do you make restaurant menu selections based on what you can eat instead of what you'd like to eat? How would you like to chew foods that you never dreamed possible with full dentures, such as thick juicy steaks, fresh salads and corn on the cob? What if you could have permanent teeth in just one day so that you can enjoy these foods again? By simply enjoying a greater variety of foods, you can begin to improve the state of your health and well-being. This can be achieved on the very first day after experiencing the new "All-on-4" permanent "teeth-in-a-day" procedure.

These extremely happy patients who have undergone this procedure asked us to write an article to inform the public about this wonderful life-changing experience they had. Nick felt so good immediately after surgery that he was singing in the backseat of the car with his grandson all the way home with his new permanent teeth. His wife was so impressed with the appearance that she said "he looks just

like the day she married him". Another patient of ours had shrimp and salad for dinner after her 1pm surgery. And all have experienced this summer's fresh corn-on-the-cob for a change. There are so many of you out there who have always wanted an alternative solution to wearing full dentures. Many denture wearers are familiar with dental implants but are turned off by long healing times, perceived pain and unpredictable results. This new "permanent teeth-in-a-day" procedure is unlike any other implant solution for full denture wearers, with minimal discomfort and a close to 100% success rate!

The first step is to have dentures made that reflect the smile you would like to have. Nick brought in a photo of himself from before he lost his teeth, which we then matched for him. Once we have the look we want, the dentures become fixed into place. Dr. Steven Bongard, from the Chrysalis Dental Centre, uses CT scans to better plan the placement of four implants using guided surgery in a manner that finds the best and strongest bone. While the surgery is being performed your existing denture will be converted to a much smaller size, but not to worry, the arrangement of the teeth will remain the same.

Upper denture wearers will regain the ability to taste food properly again. Your lower denture will no longer be floating around while you are trying to eat. You will be less

likely to over-salt your food, as your taste sensations will be heightened by all the surfaces of your mouth that are now experiencing your meal. Immediately after surgery you will have teeth that are fixed into place and ready for you to eat most anything your heart desires. Nick came in for a check-up the other day and told us of the 1/2 inch steaks and pork chops he's been able to eat with no trouble. His digestive system is much happier now that he can chew his food into smaller pieces.

One of our younger patients felt very insecure about taking her teeth out at night and having her spouse see her without her teeth. But now, she can brush her teeth in her mouth and has no fear of them jumping out unexpectedly. She was all smiles when she came in the day after her "teeth-in-a-day" procedure.

If this sounds like something for you, please give us a call to see if you are a candidate for this procedure by booking a free consultation at our office.

You can check us out on our website at www.innisfildenture.com and follow the links for more information about the "All-on-4" procedure.

To book an appointment, call the Innisfil Denture Clinic at 705-436-1886. We are located at 958 Innisfil Beach Rd, Alcona. (west of St. John's, right across the street from the Library)

### HPV immunization for grade 8 girls to begin

Vaccinations to help protect against four types of Human Papilloma virus (HPV), the virus that can lead to cervical cancer, begin for Grade 8 girls across Simcoe Muskoka Sept. 17, when public health nurses from the Simcoe Muskoka District Health Unit (SMDHU) deliver the first of the three-shot series in schools.

"We begin immunizing girls in September, and again twice more over a six-month period, as is required by this particular vaccine, which helps protect against cervical cancer as well as genital warts," said Laurie Stanford, the manager for the vaccine preventable disease program at the health unit. "Information about the vaccine and consent forms are being sent home with Grade 8 girls to help parents and their daughters make an informed decision about this vaccine, which is being offered on a voluntary basis."

The vaccine protects against HPV types 16 and 18, which are responsible for an estimated 70% of cervical cancers, as well as types 6 and 11, which cause 90% of genital warts. In 2007, it is estimated that 1,350 Canadian women will be diagnosed with cervical cancer and another 390 will die from the disease.

Important to remember, said Stanford, is that the vaccine does not prevent the spread of all types of HPV or other sexually transmitted infections (STIs), such as HIV, chlamydia or gonorrhea. Nor is the vaccine a replacement for a Pap test, which is the only way to detect precancerous cells in the cervix. Education about prevention and protection against HPV and other STIs is key for teens and young adults as they learn to take care of their sexual health.

Consent forms need to be returned to the classroom signed by student and parent prior to the clinic date.

The immunization program follows the recent federal announcement that funding for the program will be provided across the country for three years; and the provincial announcement that the voluntary vaccination program would begin in Grade 8 girls across Ontario this fall. The HPV vaccine is recommended for girls and women aged 9 to 26.

Those females not included in the Grade 8 group can be vaccinated by their family physician and at SMDHU immunization and sexual health clinics at a cost of about \$400. Some insurance plans may cover the cost.

More information about HPV and the vaccine is available by calling Your Health Connection at 721-7520 or 1-877-721-7520 weekdays 8:30 a.m. to 6 p.m. or by checking the health unit website www.simcoemuskokahealth.org.

### New Barrie clinic steps up fight against Colorectal Cancer

A new outpatient clinic in endoscopy procedures will welcome its first patients on September 6th. Barrie Endoscopy, located at 5 Quarry Ridge Road, is a state of the art facility founded by 10 endoscopists, which include seven General Surgeons and three Gastroenterologists, who all have privileges at Barrie's RVH. The new clinic will improve access to screening for colorectal cancer, the second most common cause of cancer related death in both men and women.

"Endoscopy refers to the internal examination of stomach, bile ducts, pancreas, and large and small intestine with a flexible instrument (endoscope) equipped with a video camera," remarks Dr. Doug Hemphill, a gastroenterologist and Medical Director at Barrie Endoscopy. "A colonoscope is used to examine the colon (colonoscopy) and a gastroscopy is used to

examine the esophagus, stomach and duodenum (gastroscopy)," he adds, further explaining the procedure.

Demand for endoscopy procedures have been on the rise due to the rapid growth in colonoscopy procedures for screening colorectal cancer. Most hospital across the province have long wait lists for such procedures and the new clinic will help to ease the burden on the already taxed health care system.

"Part of the reason for the increased demand is that cancers start from transformations that can occur in benign colonic polyps," said Dr. Michael Anderson, Regional Lead, Surgical Oncologist and Barrie Endoscopy physician. "Almost all cancers start from a polyp and those polyps occur in more than 25 per cent of men and 15 per cent of women over the age of 50. Removal of these polyps lowers the risk of

developing colorectal cancer.

Unlike mammography for breast cancer and PSA for prostate cancer, which are useful in detecting cancer at an early stage, polyp detection and removal by colonoscopy is a preventative strategy to avoid development of Colorectal Cancer. The sooner the screening can be done, and any polyps removed, the better the chance of preventing Colorectal Cancer," Dr.

Anderson adds.

The new facility is equipped with the latest in endoscopic equipment and staffed by experienced physicians and endoscopy nurses. Patient sedation is administered by Anesthesiologists to maximize comfort and safety. The procedure is fully covered by OHIP.

For more information, speak to your family doctor or contact the clinic at (705) 797-1112

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### Comedy Night in Stroud

There will be a comedy night held at the Stroud Community Centre on Saturday, September 22nd. Tickets are \$25 and include a night of comedy, dance and buffet.

Tickets can be purchased at Sobey's Alcona, Home Hardware, CW Coops or by calling Deputy Mayor Gord Wauchope at (705) 436-5388.

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